

ABSTRACT OF THE DISCLOSURE

An exercise apparatus is provided for enabling reciprocating motion of the user's legs or feet while the user remains generally stationary. The apparatus includes a stationary frame, a first longitudinal rail supported, at least partially, by the frame, and a second longitudinal rail also supported, at least partially, by the frame and in generally parallel relation with the first rail. The apparatus further includes a first foot carriage assembly movably engageable along the first rail, a second foot carriage assembly movably engageable along the second rail, and an inertia drive assembly disposed proximate the first and second rails. The inertia drive assembly includes a first continuous belt that is engageable with the first carriage assembly such that movable operation of the first carriage assembly drives the inertia drive assembly, and a second continuous belt engageable with the second carriage assembly such that movable operation of the second carriage assembly also drives the inertia drive assembly. The first and second carriage assembly are interconnected such that, as each of the first and second carriage assembly initially advances rearwardly or forwardly along one of the rails, the inertia drive assembly can accelerate each carriage assembly, by way of one of the first and second belts.